



CITY OF LOMA LINDA *Community Garden* **NEWS**

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OFFERING THE COMMUNITY GARDENER: IDEAS ...INSPIRATION ...TIPS AND RESOURCES ...HEALTHFUL RECIPES

City of Loma Linda holds ribbon cutting to open Community Garden on May 14

On May 14, 2002, the City of Loma Linda held a ribbon-cutting for the Community Garden on Van Leuven Street.

Excited gardeners had already begun working the soil and planting vegetables and flowers in their 8-foot by 12-foot garden spots.

The garden is located on property owned by the city that lies next to San Timoteo Creek.

The city provided many things to help the gardeners be successful: water is available at each spot and hoes, shovels, wheelbarrows, and hoses for the gardener's use are kept in a storage

shed on the property.

According to Joanne Heilman, administrative secretary, the city began working with Loma Linda's lower-income areas about a year and a half ago.

A neighborhood advisory committee was formed and an inventory was taken to discover what would be most beneficial to the community. It was discovered that residents needing to work on their yards wanted a tool lending library. "The Community Garden grew from that idea," says Ms. Heilman.

Soon the Loma Linda redevelopment agency offered \$200 block grants to people who live in the area to help fund projects which would beautify and improve their neighborhood.

The garden project was made possible through a \$13,000 healthy cities grant that will pay for gardening and nutrition classes.

Some of the benefits of participating in the Loma Linda Community Garden are:

- Cultivating friendships
- Strengthening the neighborhood and



Jim McIntosh and Serena Bingham cut the ribbon to open the Loma Linda Community Garden. The ribbon-cutting ceremony was held on Tuesday, May 14, at 5:30.



Excited gardeners gather for the ribbon-cutting for the Community Garden.

promoting community pride

- Fostering environmental awareness
- Creating recreational and therapeutic opportunities
- Promoting healthful eating & nutrition
- A social gathering place is created (spring/fall harvest, festivals, school field trips, Boy/Girl Scout activities)
- Provides an educational tool for local residents
- Provides grant opportunities.

More than 20 people have signed up as of August, 2002, and more spaces are available. For information, contact Joanne Heilman at (909) 799-2810.

Sign up to become a community gardener!

Though limited, spaces are still available to become a community gardener!

The City of Loma Linda Community Garden is located at 25340 Van Leuven (across from the Parkside Homes)

The gardener participation fee is \$20.00 refundable at the end of each season upon weeding the site for the following season

- Each garden site is 12' by 8' in size
- Water is supplied by the City at no cost
- Garden tools are provided for your use in the garden shed
- Spring/Summer Season is from April 1 to September 31 and the Fall/Winter Season from October 1 to March 31

For additional information please contact Joanne Heilman at (909) 799-2810, or email jheilman@ci.loma-linda.ca.us

Featuring:

- City of Loma Linda holds ribbon-cutting on May 14 to open Community Garden
- Zucchini Casserole recipe
- A new gardener's experience
- Garden reminders

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Community Garden NEWS is printed by the City of Loma Linda.

Ideas and submissions are welcome. Contact editor-in-chief Joanne Heilman at (909) 799-2810, or email jheilman@ci.loma-linda.ca.us



Garden Reminders

- Please be water wise
- Remember to lock garden shed/gate
- Garden hours are from dawn 'til dusk
- Please remember to keep tool shed picked up & neat
- Please pull a few extra weeds
- The bulletin board provided in the shed is for your use

Zucchini Casserole

Here is the zucchini recipe that freezes well. The person who provided the recipe was a dentist and the recipe is from one of his office staff. I made it recently and it is as good as I remember!

1.5 lbs. diced zucchini	3/4 teaspoon Italian seasoning
1 medium, diced onion	3/4 lb Monterey Jack cheese, grated
2 tablespoons butter	1 cup cottage cheese
1 can (six-oz) diced green chilis, Ortega label if possible.	2 eggs
3 tablespoons flour	1 six-oz can salsa
1/2 teaspoon salt	1 cup grated Longhorn cheese
1/4 teaspoon black pepper, freshly ground	

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DIRECTIONS:

Combine zucchini, diced onion, and butter in a skillet. Saute until tender. Mix in green chilis, flour, salt, pepper, and Italian seasoning.

Turn mixture into a 9 x 12-inch baking dish. Spoon salsa over the zucchini/onion mixture.

In small bowl, mix Monterey Jack cheese, eggs, and cottage cheese. Spoon evenly over zucchini mixture.

Sprinkle with Longhorn cheese about (1/4 inch thick). Bake uncovered 325 degrees 25 to 30 minutes until bubbly and golden.

A new gardener's experience...

I first learned of the City's plans for a Community Garden on Cable Channel 3. The following week I called City Hall and spoke with Joanne Heilman. I signed up for a spot the same day.

Soon I had a very bad case of buyer's regret! Working full-time I thought I wouldn't have the energy or time to devote to gardening. I almost called to ask for my check back!

But I decided to try it. It was fun going to nurseries and home stores looking through seed packets and also reading the information included with baby plants (though I would learn you can't always depend on this!).

Though others in my family were born with green thumbs I'd never had a vegetable garden of my own and wondered how I'd manage. But I soon learned that fellow gardeners are friendly and happy to share information and tips!

Loma Linda Community Gardeners have planted many varieties of tomatoes, squash, cucumber, green beans, herbs, grapes and sunflowers.

Now several months into gardening, I've had some funny experiences, and some very

fulfilling ones.

A friend and I disagreed about one of the plants I was growing—"That sure looks like cucumber," she said. "No, the package of plants said *zucchini*!" I replied.

I was certain I had a nice crop of zucchini and looked in cookbooks and on the web to find the most delicious recipes for zucchini. I assembled the ingredients and then cut into a "zucchini"—and it *was* a cucumber!

It's been rewarding to see tiny plants thrive and grow, to see how various people have decorated their plots (a scarecrow that once towered above the garden is now dwarfed by tomato plants; colorful pinwheels spin; and there are "fences" of sunflowers at one spot!).

It's great to have a countertop full of fresh vegetables and I find I'm eating much healthier, too.

Another bonus has been getting fresh air and exercise, sharing veggies with friends and fellow gardeners, and making new friends.

Joanne has been a great resource, is positive and encouraging, and is hoping groups will sign up. This would be great for new gardeners—or maybe seniors.